

**WHAT IS CLAIMED IS:**

1. A clothing shield having a body side and an outward side comprising: a chest section and a pocket section, wherein the pocket section includes an opening member that causes the pocket to automatically open.  
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2. A clothing shield according to claim 1, wherein the pocket section opens when the clothing shield is removed from packaging or is used.  
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3. A clothing shield according to claim 1 further comprising a lap section.  
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4. A clothing shield according to claim 1, wherein the pocket section curves away from a wearer.  
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5. A clothing shield according to claim 1 further comprising one or more attachment devices for securing the clothing shield to a wearer.  
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6. A clothing shield according to claim 1, wherein the opening member is a resilient or elastic opening member.  
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7. A clothing shield according to claim 6, wherein the resilient opening member comprises filaments.
8. A clothing shield having a body side and an outward side comprising: a chest section, a pocket section and a lap section, wherein the pocket section includes a live hinge-opening member.
9. A clothing shield according to claim 8, wherein the live hinge-opening member is formed of molded plastic.
10. A clothing shield according to claim 1, wherein the clothing shield is of sufficient size to protect a chest, lap and immediate surrounding environment of a wearer.

11. A clothing shield according to claim 1, wherein the pocket section is a substantially full-width pocket section.
- 5        12. A clothing shield according to claim 1, wherein the body side comprises a liquid impermeable material.
13. A clothing shield according to claim 1, wherein the outward side comprises an absorbent material.
- 10      14. A clothing shield according to claim 1, wherein the opening member is disposed in the bottom of the pocket member.
- 15      15. A clothing shield according to claim 1, wherein the opening member is at the top of the pocket member.
16. A clothing shield according to claim 1, wherein the attachment device comprises adhesive material.
- 20      17. A method for using the clothing shield of claim 1 comprising securing the clothing shield to a wearer.
18. A method according to claim 17 further comprising protecting clothing during eating, washing or oral care of the wearer.